

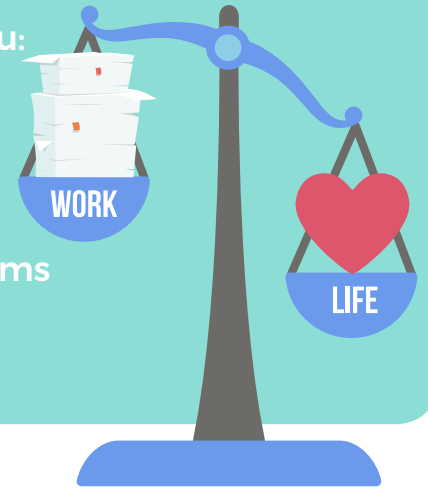
# WORK/LIFE BALANCE

A work/life balance is the measure of how you prioritize your work life and your home life, and the percentage you dedicate to each.



If you get the balance wrong, it can make you:

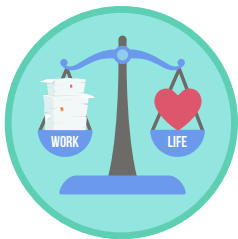
- Exhausted
- Overworked
- Unsociable
- Give up on your dreams



It can also make you quit your hobbies, leave you no time for family and friends, and cause you to miss out on important events.



And even if you love your job, you shouldn't live just to work. Here's our tips for overcoming this:



Take personal responsibility for your own balance



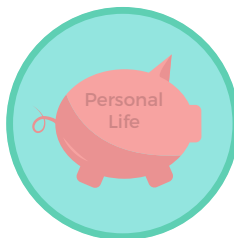
Sometimes, you can say 'no' to your boss



Don't bring work home, or at least have a cut-off time



Make sure you're getting regular breaks



Invest in your personal life – like exercising, socialising with friends, and having 'you' time

Nothing will make you more bitter and short-tempered than being tired and overworked. So, help yourself and be a more well-rested, well-rounded version of yourself!